

Requirements for NuMenus and Assisted NuMenus: Breakfast

All school meals (as averaged over a week) must meet the specified nutrient standards for the required grade groups, as determined by the nutrient analysis of menus. Meals must also meet the following criteria for a reimbursable meal.

Breakfast – Must include at least **three (3) menu items**:

- ▶ **Fluid milk** served as a beverage or on cereal or both.
- ▶ **A side dish**: Any other food except a condiment or a food of minimal nutritional value.
- ▶ **A side dish**: This also can be any other food except a condiment or a food of minimal nutritional value.

Offer versus Serve (Breakfast)

- ▶ Students may decline a **maximum of one (1) menu item** out of the three (3) or more offered.

